

The New York Arthritis Reporter

Arthritis Foundation, Inc., New York Chapter • 122 East 42nd Street • New York, New York 10168-1898 • (212) 984-8700

Osteoporosis: Making Strides in Prevention and Treatment

Despite being called a “silent disease,” osteoporosis is prevalent throughout our society. Close to ten million individuals in the United States are estimated to have the disease and almost 34 million more are at risk. The reason this disease, characterized by low bone mass and deterioration of bone tissue, is considered to be ‘silent’ is because people cannot generally *feel* their bones getting weaker. In fact, many people do not even know that they have osteoporosis until they fracture or break a bone.

“As we grow and until approximately age 30, our bone mass is constantly being broken down and rebuilt in an effort to keep our bones as strong as possible,” says Dr. Naina Sinha, Assistant Professor of Medicine at Cornell’s New York Presbyterian Hospital. She continues, “At age 30, our bones reach peak bone mass, which is when they are at their

strongest.” By age 40, our bone mass begins to decline slowly and this decline can persist throughout our lifetime. In post-menopausal women, this decline is more rapid than in men of the same age. Although many people over the age of 65 may develop osteoporosis, this decline in bone mass does not always lead to the disease.

“We used to think of osteoporosis as something that just happened when you got older, as a disease that you just had to accept. But in the past few years, things have really changed by almost 180 degrees. These days, there are better means of prevention and treatment,” says Dr. Sinha. Treatment options for osteoporosis include medications such as bisphosphonates, selective estrogen receptor modulators (SERMs), teriparatides, and calcitonin. While each of these can be effective, bisphosphonates are the most commonly prescribed treatment for osteoporosis. This class of medication works by slowing bone loss, restoring bone density and improving bone strength.

For those who have not yet been diagnosed with osteoporosis or who have been diagnosed with osteopenia (a condition which indicates lower bone mass than average), it is important to become aware of the multiple risk factors for this disease and address those that can be changed. Some fixed risk factors for osteoporosis include: gender (80% of those affected by osteoporosis are women), age, genetics, family or personal history of multiple bone fractures, long term use of



corticosteroids and having an inflammatory form of arthritis such as rheumatoid arthritis or lupus. However, many factors that impact osteoporosis *can* be controlled. Dr. Sinha reminds us, “People need to remember the importance of leading a healthy lifestyle and including diet and exercise in their efforts to prevent and control osteoporosis.” A healthy lifestyle includes:

- living a smoke-free life
- limiting alcohol intake
- eating a well-balanced, calcium and vitamin-D-rich diet
- exercising regularly
- maintaining a healthy weight

These choices are the ticket to building bone strength and preventing or controlling further development of the disease.

“It’s never too late to start eating healthy and being active,” suggests Dr. Sinha. In order to promote bone strength, a healthy diet should incorporate foods that are high in calcium, a key player in building bone mass. Calcium-rich foods include low-fat dairy products and dark, leafy greens. People should also be sure to include good sources of vitamin D, such

(Continued on page 2)



Additional Partners Support the New York Arthritis Exchange

The Chapter is pleased to announce the co-sponsorship of the *New York Arthritis Exchange*™ by **Bristol-Myers Squibb**, **Hoffman-La Roche Inc.** and **Pfizer Inc.** These three sponsors have come together to support one of the Chapter’s most critical services provided to the community. Now in its 13th year, the *Exchange* is the Chapter’s award-winning telephone hotline for people seeking information about arthritis. Callers can request information about upcoming programs, physician referral lists, printed publications and details about a variety of patient services in the area. Staffed by health professionals and trained volunteers, this hotline is an invaluable resource for New Yorkers living with arthritis. To reach the *Exchange*, call (212) 984-8730 or from the 914 and 845 area codes only, call (800) 246-2884.

This issue is underwritten by an educational grant from Wyeth.

Kids get Arthritis, Too



Family Day

November 2, 2008
1:00 – 4:00 PM

The New York Hall of Science
Speaker: Beth Gottlieb, MD,
Schneider's Children's Hospital

Children with arthritis and their families are invited to join the Chapter at the New York Hall of Science, which has the largest collection of hands-on science exhibits in the city. The children will engage in fun, interactive exploration of the exhibits and participate in innovative educational activities that will help them gain a greater understanding of how science relates to everyday life. The parents will participate in educational workshops that will help them learn about their child's arthritis, treatment, the role of family, and coping mechanisms. Come join us for this FREE and exciting day of fun and learning!

For more information on this or other programs for children, please contact the **New York Arthritis Exchange™** at 212-984-8730, or from the 914 or 845 area codes only, 800-246-2884.



Kids and parents having a blast at the last Kids Get Arthritis Too Family Day program at the Armory in June.

Osteoporosis *(continued from page 1)*

as fish oil and vitamin-D fortified foods in their diet. In addition to nutrition, exercise is critical in promoting bone strength. Activities to help prevent and control osteoporosis include those that place weight or resistance on your bones in order to strengthen and maintain bone mass, as well as core strengthening



exercises, which help people improve balance and avoid falls. As always, remember to consult with your physician before beginning any new exercise program and don't forget to have fun. According to Dr. Sinha, "The key to maintaining a healthy lifestyle is to make changes that are enjoyable for you!"

To find out whether or not you have osteoporosis, speak with your physician about having a Bone Mineral Density (BMD) test. The National Osteoporosis Foundation suggests that all women over the age of 65 and all men over the age of 70 should have a BMD test. In addition, any postmenopausal women under the age of 65 with one or more risk factors for osteoporosis or anybody over the age of 50 who has broken a bone should be screened. For more information about osteoporosis screening recommendations and treatment options, or to request a copy of our free brochure, *Osteoporosis*, please contact the **New York Arthritis Exchange™** telephone helpline at (212) 984-8730, or from the 914 or 845 area codes only, (800) 246-2884.

NEW YORK CHAPTER



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www.arthritis.org

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Copies of our financial and operating report have been filed with the state and are available upon request. To obtain one, write: Office of the Attorney General, Department of Law, Charities Bureau, 120 Broadway, New York, NY 10271, or contact us at the address above.

Upcoming Symposia

Don't miss your chance to take part in the Chapter's upcoming symposia! These FREE programs are a great opportunity for New Yorkers and other nearby residents to learn about a variety of arthritis-related topics from leading medical and health professionals in the area.

Mind Body Connection Symposium

October 29, 2008

4:00 – 7:00 PM

JCC of Rockland

450 West Nyack Road

The Mind Body Connection Symposium was developed to introduce the various complementary therapies and self-help techniques available to people affected by arthritis. Complementary therapies are those that work along with conventional medicine and emphasize your mind's ability to influence how your body feels. This program will feature presentations on a variety of related topics such as nutrition, tai chi, and yoga. Participants will have the chance to share their experiences with each other and take an active role by practicing some of these beneficial exercises.

Charles Christian Symposium: Today's Treatment Options for Osteoarthritis Management

November 22, 2008

9:00 AM-1:00 PM

New York University Medical Center,

Farkas Auditorium

550 First Avenue (north of 30th Street)

This program will provide an overview of osteoarthritis (OA) and will feature topics about recent, cutting-edge advances in research for treatment options and pain management. Participants will be empowered to take control of their arthritis by learning about subjects such as: *Today's Options for Treating Osteoarthritis*, *When Surgery is Necessary* and *Digestive Disorders and Arthritis Medications*.

For more information on these or other programs, please contact the **New York Arthritis Exchange™** at 212-984-8730, or from the 914 or 845 area codes only, 800-246-2884.

Rose Pasternek remembered the Chapter in her will with a bequest of \$5,000.

The estate of Muriel V. Roche made a bequest of \$26,500 to the Chapter.

Questions and Answers

Judith Wylie-Rosett, EdD, RD, Head of the Division of Behavioral and Nutritional Research at Albert Einstein College of Medicine.

Q: People often speak about the importance of calcium in preventing osteoporosis. Can you explain the reason why calcium is so important in this process?

A: Calcium is a mineral that helps us build and maintain strong teeth and bone. It is also important for regulating our muscle contraction, heartbeat and normal blood clotting. If we don't have enough calcium in our blood, our body will take it from our bones in order to protect these other important functions. In order to prevent our bones from weakening, we must make sure to have enough calcium in our bodies at all times.



Q: What are the daily recommendations for calcium intake?

A: The general recommendations for calcium intake are: 1,000 mg daily for adults age 50 and younger and 1,200 mg daily for adults age 50 and older. However, some populations require higher daily amounts of calcium: for example, a daily dose of 1,500 mg of calcium is recommended for post-menopausal women and adults with inflammatory conditions or who are taking corticosteroids.

Q: What is the role of vitamin D in the prevention of osteoporosis? How much vitamin D do I need?

A: Vitamin D is a key player in building bone strength. It does this by increasing the amount of calcium that your body can absorb from your intestines. If you do not have enough vitamin D in your system, simply increasing your calcium intake will not be enough! You must have *both* of these important tools in order to prevent bone loss. **The daily recommendations of vitamin D are: 200 International Units (IU) for adults through age 50, 400 IU from 51-70 years of age and 600 IU for adults age 70 and older.** Some good sources of vitamin D include: exposure to sunlight, fortified foods (such as some types of milk and cereal), egg yolks, butter, salmon, herring, tuna and sardines.

Q: How can I make sure to get enough calcium?

A: The best way to get enough calcium is by eating enough calcium-rich foods such as: low-fat dairy products, almonds, broccoli, dark leafy greens (such as kale) and fortified food such as some types of orange juice, cereal and various soy products. If you feel that you are not getting enough calcium through your diet, calcium supplements can be used.

Q: There seem to be many different types of calcium supplements. What are the differences between them? Is one better than the other?

A: There are a few different types of calcium supplements available. **Calcium carbonate** contains the highest amount of elemental calcium, but is often difficult for the body to absorb because it requires stomach acid for this task. The best way to increase absorption is to take this supplement with meals. **Calcium citrate** and **calcium gluconate** supplements have less elemental calcium, but are often easier for the body to absorb as they do not require stomach acid. These supplements can be taken with or without food and are recommended for older people and those who are taking any medications to reduce stomach acid secretion. Remember

to speak with your physician about your calcium levels and choosing the right source of calcium—your doctor can help you decide which supplement is best for you.

Q: What is your advice for people who have trouble remembering to take their calcium daily?

A: I think that the most important thing is to find a routine that works for you. Your body can only absorb approximately 500 mg of calcium at a time, which means that you need to have calcium several times a day in order for it to be effective. Be sure to speak with your doctor to find a strategy that works within your daily lifestyle.

In order to get your daily calcium requirement, you would have to drink approximately four eight-ounce glasses of milk (each glass of milk has 300 mg of calcium)! For many people, consuming that much milk in one day would be extremely difficult. Dr. Wylie-Rosett suggests eating some of the following calcium-rich foods as alternative ways of getting enough calcium in your diet.

The following foods have the same amount of calcium as an eight-ounce glass of milk:

- Very Firm Cheeses (Swiss, Parmesan) - 1 ounce
- Less Firm Cheeses (cheddar, American, mozzarella and provolone) - 1 1/2 ounces
- Regular Cottage Cheese - 2 cups
- Calcium-enriched Cottage Cheese - 3/4 cup
- Plain Ice Milk or Frozen Yogurt - 1 cup
- Plain Yogurt - 3/4 cup
- Tofu (cubes) - 1 cup
- Soybeans (cooked) - 2 1/3 cups
- Navy Beans (cooked) - 1 1/4 cups
- Salmon (canned with bones) - 5 1/3 ounces
- Turnip Greens - 1 1/2 cups

A distribution of \$534,742 from the estate of Wilhelmina T. Rouget will support programs for people with arthritis.

Upcoming Programs

The upcoming months are filled with a wide array of opportunities for you to learn more about arthritis! The Chapter's public education programs offer participants the opportunity to hear noted rheumatologists and leading medical professionals in the New York area present on a variety of vital topics related to arthritis. Please join the Chapter at one of the following FREE events, held in different communities throughout New York City.

Current Treatments for Rheumatoid Arthritis

September 22, 2008

11:15-12:15 PM

Riverdale YM-YWHA

Sponsored by **Centocor**

This program will provide information on the current treatment methods for people living with rheumatoid arthritis including relieving pain, reducing inflammation, stopping or slowing joint damage and improving function and sense of well-being.

Treatment Options for Arthritis

November 3, 2008

6:00-7:00 PM

Flushing Library, Queens

If you've ever wanted to know more about the latest, cutting-edge treatments for arthritis, this program is for you! Participants will hear about the newest medications and surgery options available for people with arthritis.

Nutrition and Rheumatoid Arthritis

November 5, 2008

6:00-7:00 PM

Flushing Library, Queens

Sponsored by **Wyeth**

The food that we put into our body directly affects our health. Come hear all about the impact that different types of food have on rheumatoid arthritis. **This lecture will be given in Mandarin.**

Yoga For Arthritis

Dates: 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17

Sponsored by the **New York State Senate**

This new and innovative program will be comprised of slow, gentle movements that aim to improve mobility, breathing and relaxation, increase flexibility and range of motion, and reduce pain and stiffness. This course will meet for one hour each week and run for 8 weeks.

Classes will be held at the Chapter office.

For more information, contact: Cathy Hogstrom at (212) 984-8713 or chogstrom@arthritis.org



The Thrift Shop Finds A New Home

The new Arthritis Thrift Shop is easy to find—just look for the blue awning!

The Arthritis Thrift Shop, formally located at 1383 Third Avenue, has found a new home. The Thrift Shop, open since 1989, and a pillar for bargain shopping on the Upper East Side, closed its original Third Avenue location on April 30th. The Shop's new location opened just a few doors down at **1430 Third Avenue (between 81st and 82nd Streets)** on Tuesday, July 29th. The Grand Re-Opening/Fall Preview was a great success with hundreds of people visiting the shop throughout the day. According to shop director Joe Moore, "The customers are thrilled about the new space!"

The Thrift Shop has always been a hot spot for savvy New Yorkers and other nearby residents who are eager to donate their high end items or buy quality merchandise at reasonable prices. With a brand new space that offers more room and continues to be conveniently located, the shop will be able to sell more merchandise, larger pieces of furniture and reach more of our loyal customers.

For more information about how to donate your bric-a-brac, silver, jewelry, antiques, artwork, clothing and furniture, please contact Joe Moore at 212-772-8816. Donations are always welcome!

It's time to Walk!

2008 FALL ARTHRITIS WALKS

Saturday, October 4, 2008

Prospect Park, Brooklyn, New York
Location: 15th Street at Bartel Pritchard Circle

Saturday, October 4, 2008

Bear Mountain State Park, Bear Mountain, New York
Location: Hessian Lake

For both walks:

Registration Opens at 8:30 am

Walk Starts at 10:00 am

Please help the Arthritis Foundation, New York Chapter fight arthritis, one of the leading causes of disability. It is estimated that 43 million Americans, including 300,000 children have arthritis. Please join the team for a cure to help them and others that are suffering with this disease.

Register online today!

Brooklyn: <http://brooklyn.kintera.org/2008>

Rockland County: <http://rockland.kintera.org/2008>

Arthritis Walk volunteers are always needed.

If you would like more information on volunteering, please contact Lissa Stuart at (212) 984-8725 or lstuart@arthritis.org.

WE HOPE TO SEE YOU ON OCTOBER 4TH!



Dates to Remember

Metro SportsMed Physical Therapy

For additional information or to register, please call: 718-369-8041 or visit www.metrosportsmed.com.

Tips for Healthy Eating

October 2

12:00-1:00 PM
380 Second Avenue
(corner of East 22nd Street)
New York, NY

October 6

7:00-8:00 PM
263 7th Avenue- Suite 2A
(between 5th & 6th Streets)
Brooklyn, NY

October 28

12:00-1:00 PM
4911 13th Avenue
(between 49th & 50th Streets)
Brooklyn, NY

October 29

12:00-1:00 PM
1309 Avenue J (corner of East 13th Street)
Brooklyn, NY

Physical Therapy at Jefferson Valley

For additional information or to register, please call: (914) 245-8807, ext. 1125
600 Bank Road
Jefferson Valley, NY

Stretch Your Way to Wellness

October 23

6:00-7:00 PM

Treatment & Prevention of Neck Pain

November 19

8:00-9:00 PM

Programs require pre-registration. For further information, call the **New York Arthritis Exchange™** at (212) 984-8730 or, from the 914 and 845 area codes only, 800-246-2884.

Visit these Features on our Web site

- Arthritis Advocates in Action
- Advocacy News
- Your Direct Access
- Kids Get Arthritis, Too
- Food for Thought
- The New York Arthritis Reporter
- Información en español



Log on to www.arthritis.org. Enter your zip code to find the New York Chapter.

A distribution of \$10,475 from the estate of Charlotte Schulman will support arthritis research.

Agnes Cipolla remembered the Chapter in her will with a bequest of \$1,603.

**In the Next Issue:
Surgery and Arthritis**